

## On the diamond

# STS zeroes in on ASOS, COMM gives SVS new hat

By Tech. Sgt. TONYA L. KEEBAUGH  
Northwest Airlifter editor

The second meeting between the 22nd Special Tactics Squadron and the 5th Air Support Operations Squadron ended much differently than the first.

Special Tactics, who crumpled easily when the two teams met at the end of June, looked like a new team going into August, as they took the victory easily from the men from Fort Lewis 17-6 in the 5th inning.

With a solid field and powerful bats, it was obvious who had eaten their Wheaties Wednesday. In his first two at bats, STS' Dave Randal smacked a pair of long balls out of the 280-foot field, one in each of the first two innings. With hits added by David Stapp, Brian Lattrell, Tony Cebollero, Chris Hoover and Mike Charvet in the first two innings, STS moved to an early 11-3 lead.

The ASOS pulled together a little steam in the 3rd and 4th innings to keep the game going, with hits by Glenn Demars, Charles Keebaugh and a homerun by Scott Myers. But STS zeroed in again, widening the gap to just shy of the ten-run rule. Their power came in the familiar form of Stapp and Lattrell, who were joined by Tony Capobianco and Erin Capbianco. Randal hit another long ball that bounced on the playing side of the fence, but it seemed as though he wasn't accustomed to touching less than four bases and was thrown out trying to stretch a double into a triple. Teammate Charvet didn't want to stand on the bases either in the 3rd and 4th innings, and was thrown out at home going for an in-the-park homer. Those outs didn't matter to the outcome of the game. The score was 14-5 at the bottom of the 4th inning, and the ASOS only scored once more off a base hit by Scott Oberg.

Charvet was determined to join his STS comrade in the beyond-280 club, as he put one out of the park to seal the victory 17-6 in the bottom of the 6th inning.

The victory improves STS' record to 6-5, while the ASOS falls to 3-8on the year.



Tech. Sgt. Tonya L. Keebaugh

**STS' Michael Charvet tries to make it home on what should've went in the books as a triple, ASOS catcher Kyle Cardosa tags him out. Charvet later hit one out of the park to make up for it.**

### SVS vs. COMM

The 62nd Services Squadron took off their hats to the 62nd Communications Squadron after Wednesday's late game literally. In what ended up to be a 22-20 heart breaker for the defeated Services crew. To make the defeat worse, the squadrons' leaders had put their respective units' hat on the line for the victory.

Services jumped off to an early lead, scoring nine times in their first bat. But when the Communications crew realized their commander and shirt would be wearing chef's hats if they lost the game, they decided to buckle down and play some ball. They scored evenly with the

Services crew for the rest of the game, but couldn't make up those nine 1st inning points until the bottom half of the last inning.

"Capt. (Jonathon) "Superman" Southerland hit the game winning homerun," said Comms' First Sergeant Master Sgt. Gregory Wade, who thanked his team for helping him to keep his hat.

For the next week Maj. Jon Berrie and Master Sgt. Doug Warren, of the Services Squadron, will be wearing Communications Squadron covers. Maj. William Morrow and Wade of Comm, missed a close call on the chef's hats.

The victory improves Comms record to 8-4 , while Services falls to 2-8 on the year.

## On the links

Jaime Craig, 62nd Civil Engineer Squadron, putts Tuesday as his team took on the Western Air Defense Sector in the final rounds of the plaoffs. CES fell to WADS in the round, 6-0. The Flyers also deafeted their opponents Tuesday 6-0. The WADS foursome will meet the Flyers in the golf intramural championship round Aug. 22 at Whispering Firs Golf Course.



Daniel Thompson

## McChord Intramural Score Card

Current as of Wednesday

### Softball

#### National League

MXS-2	11	0
AGS-1	8	3
COMM	8	4
Supply	6	4
22 STS	6	5
4 AS	4	6
TRANS	4	6
7/8 AS	4	7
5 ASOS	3	8
MSS	3	8
SVS	2	8

#### American League

WADS	11	0
OSS	9	2
SFS	8	3
CES	7	5
AGS-2	6	6
APS	5	6
MDG	5	7
MXS-1	5	7
MXS-3	2	10
LSS	0	12

### Golf

#### North League

WADS A	15	3
APS A	9	9
OSS	9	9
CES	3	15

#### South League

FLYERS	15	3
22 STS	11	7
4TH AS	7	11
SVS	3	15





# Some nutritional supplements contain hemp seed oil

## Healthy market competition leads to trouble for consumers

By Maj. CRAIG A. OLSON  
60th Medical Group Nutritional Medicine Flight

TRAVIS AIR FORCE BASE, Calif. - Like many Americans, Air Force members are constantly on the go and constantly trying to stay in shape. It's no wonder the market for nutritional supplements, including sports bars, has skyrocketed in recent years. This high demand breeds competition among businesses looking for new ways to get their products noticed.

Competition may be healthy for the market, but it can lead to trouble for an unsuspecting consumer. The use of exotic ingredients and unsubstantiated health claims make the nutritional supplement industry a very confusing arena. Air Force personnel have to be especially careful when shopping for nutritional supplements because some contain hemp seed oil.

Ingestion of hemp seed oil is against Air Force policy because it may lead to a positive drug test result for marijuana.

"Modifications are being considered for the Alcohol and Drug Abuse Prevention and Treatment Program to ban all hemp seed products, not just hemp seed oil," said Lt. Col. Susan Northrup, chief of operational medicine for the Office of the Surgeon General. This is an important clarification because all products made with hemp products may contain the same substances found in marijuana.

From a botanical standpoint, hemp and marijuana are the same plant species

\* cannabis sativa. The different parts of the plant contain varying amounts of psychoactive substances, the highest concentrations of which are in the resin of the flowering tops of the plants. Industrial hemp plants are grown in countries around the world, and the seeds are sold commercially for use as birdseed, as ingredients in commercially prepared foods and even for cooking at home.

Hemp seeds don't contain tetrahydrocannabinol, or THC, the euphoria-producing active ingredient in marijuana. So why the concern? Hemp seeds can pick up the chemical after coming into contact with leaves and stems during processing. Products that contain hemp seed oil or hemp seeds, like the Original Organic Hemp Seed Bar, manufactured by Nutiva, are off limits for some Air Force personnel.

In a recent memorandum, Northrup said, "due to the potential of THC ingestion, this product is off limits for all aircrew, special duty, and PRP

personnel per AFI (Air Force Instruction) 48-123 (Medical Examination And Standards) and AFI 36-2104 (Nuclear Weapons Personnel Reliability Program). All other Air Force members should seriously weigh the use of this product, with a known THC contaminant, against the legal ramifications of a positive urine drug screen."

Why would anyone want to eat hemp seeds or hemp seed oil? According to Capt. Deborah Carlton, chief of clinical dietetics element at David Grant Medical Center here, the answer is simple. She said, "Hemp products are marketed

by manufacturers as being a good source of essential fatty acids and protein."

She went on to describe how informed consumers know that a well-balanced diet will meet their needs for protein, fats, carbohydrates, vitamins and minerals without the use of supplements.

For more information about dietary herbs and supplements, visit the Brooks Air Force Base, Texas, Web site at <http://www.brooks.af.mil/web/af/altmed/HOMEFRAME.htm>

— Courtesy of AMC News Service



Charles W. Ashbaugh

### Big league smile

Eight-year-old Ben Long was one of the first ones in line to meet Mariners' pitcher Arthur Rhodes at McChord's Commissary July 28. The first 50 children received a free Pillsbury Doughboy baseball signed by the major-leaguer.

# Chaplain’s corner

## Services Schedule

### Catholic Services — Chapel Two

Saturday Confession: 4 p.m. or appointment  
Saturday Mass: 5 p.m.  
Sunday Masses: 9:30 and 11 a.m.  
Weekday Masses: Daily at 11:30 a.m.  
The Way of the Cross: 6:30 p.m. Friday

### Protestant Services — Chapel One

Sunday Services:  
8:30 a.m. — Informal Worship  
11 a.m. — Traditional Worship

### Jewish Services

Friday Sabbath: 7:30 p.m.

Saturday: 9:30 a.m.  
Both services held in Chapel Five, 12th and Liggett, Fort Lewis

### Orthodox Activities

Sunday Divine Liturgy: 9:30 a.m. at St. Nicholas Church, 15th and Yakima, Tacoma. For more information, call the church at 272-0466.

### Islamic Prayer Times

Monday through Thursday, noon to 2:30 p.m., Chapel Support

Center.  
Friday, 1 p.m., Building 188, North Fort Lewis



# Caption Contest

## Walk a mile ...

The winner of caption contest No. 51, from the August 4 issue, was **Senior Airman Luis J. Trumbo, 62nd Services Squadron.**

Try writing a caption for photograph No. 52. The writer whose caption is the funniest or most imaginative will have their caption and name printed in the following week’s issue.

### The rules

1. Write a humorous or imaginative caption.
2. Caption contest entries must arrive at the Public Affairs Office, building 100, Suite 1050 by Monday at noon. They may be e-mailed to: **northwestairlifter@mcchord.af.mil.**
3. Include the photo number, your name, unit and telephone number on all entries. Entries are limited to three per person.
4. For information, call Tech. Sgt. Tonya L. Keebaugh at 984-5637.



Photo 51

Air Force photo

**“Boy, these caption contests stink almost as bad as my feet.” — Senior Airman Luis J. Trumbo**



Photo 52

Air Force photo



Movie Review

Coyote Ugly is more than just pretty faces

By DAWN DEMMON  
The Mom’s Review



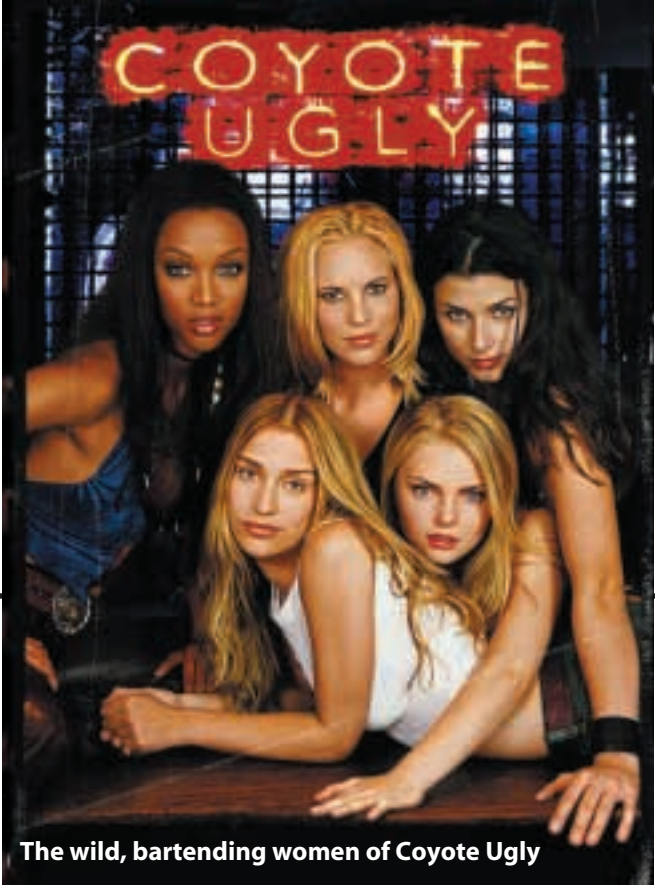
My daughter dragged me to “Coyote Ugly” this weekend. Having seen the previews, I wasn’t expecting much. I was flabbergasted when the theater filled up with “teenagers.” They came in groups of five or more. I would have to say 90% of the audience was between 15 and 25.

“Coyote Ugly” is the story of a 21-year-old young woman named Violet Sanford, played by Piper Perabo, an aspiring songwriter, who moves from her small hometown in New Jersey to New York to write and sell her music. She finds it difficult to get anyone in the music industry to listen to her tapes. She is told she should try to perform her own songs at open mike nights in local clubs, but unfortunately, she is paralyzed by stage fright and cannot perform in public.

She meets a young working class chef, Adam Garcia, a new Australian hunk, who falls in love with her and does his best to support her and help her achieve her goals.

To make ends meet, she finds employment at a local bar called “Coyote Ugly,” but she does not know what she has gotten herself into. The bar is rather like a female version of the “Cocktail” bar which Tom


Cruise made famous, though these bartenders do so much more than simply juggle bottles of liquor about. They are expected to provide the entertainment for the crowd as well. In fact, these bartenders are the main attraction for the patrons of “Coyote Ugly.” They are gorgeous young women, Tyra Banks, Izabella Miko, Bridget Moynahan and Maria Bellow, who sing and dance nightly on the bar as well as mix and serve the drinks and provide crowd control in their own




special way. Don’t come into Coyote Ugly and ask for water though. You will get hosed down with it.

In order to keep her job, Violet is expected to entertain the crowd as well and she soon learns how. While she is eventually able to lip sync to music on the stereo, she continues to freeze at the thought of performing on her own. Given her pleasure in her heady success at entertaining the crowd at “Coyote Ugly,” she begins to forget about her purpose in coming to New York. Her father, played by John Goodman, and her boyfriend try to help her find her way back to her dreams while “Coyote Ugly” pulls her into its web.

I think the critics have panned this one, but I loved it. It was exciting and vibrant. It has romance, action, energetic dancing and a great soundtrack supported by LeAnn Rimes and songs written by Dianne Warren. This movie is rated PG-13. I don’t believe there is any real nudity in this film, just a lot of belly buttons. I have got to do more sit-ups.

For those of you who think this movie will be dull, you should know it is produced by Jerry Bruckheimer, who did “Flashdance,” “Top Gun,” “Con Air,” “Armageddon” and “Gone in 60 Seconds.” He does not make a dull film. Go see this movie. Take your parents if they want to go. Leave the young ones home. I think  four out of five moose for this one.

By CINNAMON DEMMON  
The Teen’s Review



“Coyote Ugly” was the movie of the weekend. I didn’t expect it to be. I expected the theater to be about 30 percent full. When we finally found our seats and settled in, however, the theater quickly filled up. It wouldn’t be an exaggeration to say that there were no more than twenty seats empty. And the second surprise of the night? The theater was not full of adults. It was jam packed with teenagers.

“Coyote Ugly” could have been filled with teenagers because of the PG-13 rating. Other than that, it’s still a mystery to me what attracted all my fellow teens to this movie. I don’t even know why I was attracted to it. The previews weren’t overly exciting, and the plot seemed non-existent. When I actually saw the movie, however, I was completely drawn in.

The music in “Coyote Ugly” was awesome. I loved it. It was upbeat and not something that anyone

would be offended by. The story was terrific! A girl by the name of Violet decides to leave the small town where she grew up and move to New York to pursue her song writing career. Her father isn’t too happy because her mother once tried the same thing but failed. She decides to go anyway with the hope and best wishes from all of her friends.


The apartment she owns is dark and dirty. The neighbor next door can’t stand hearing Violet’s keyboard, so she has to play it on the roof. As if this wasn’t bad enough, she can’t seem to get anyone to listen to her tapes. Finding a job is hard as well.

After searching for a while, she finally comes across the bar, Coyote Ugly. The owner agrees to give her an audition.

When she arrives at the bar on her first night, she is overwhelmed by the number of people there. She makes mistakes and has a hard time catching up with the tidal wave of energy flowing from the place. When the owner announces her name over the loud speaker, she announces her as “Jersey.”

This nickname follows her throughout the rest of the movie.

As with any movie there is a love interest. He is tall, handsome and Australian. He helps Violet get over her fear of performing in front of a crowd and helps show her who she is inside.

If you don’t go see “Coyote Ugly” for any other reason, go see it to watch him. I highly recommend this movie to just about anyone, there isn’t really any nudity or harsh language. I give it four and a half moose because it’s a movie that  I will definitely go see again.

At the Movies

McChord Theater

Reindeer Games (R) Fri. 7 p.m.  
Romeo Must Die (R) Sun. 4 p.m.

All shows at the McChord Base Theater are free.

REFRESHMENTS ARE AVAILABLE.

Fort Lewis Theater

Fantasia (G)  
Me, Myself and Irene (R)  
Fantasia (G)  
Fantasia (G)  
Me, Myself and Irene (R)  
Fantasia (G)  
Me, Myself and Irene (R)  
Me, Myself and Irene (R)

Today at 7 p.m.  
Today at 9:30 p.m.  
Sat. at 2 p.m.  
Sat. at 7 p.m.  
Sat. at 9:30 p.m.  
Sun. at 2 p.m.  
Sun. at 7 p.m.  
Thurs. at 7 p.m.

Fantasia – This film takes viewers on a journey into the imagination using incredible animated imagery, exquisite classical music and state-of-the-art technology. Fantasia introduces seven spectacular new animated sequences set to the music of the masters and spotlights the return of “The Sorcerer’s Apprentice.”

Me, Myself and Irene – Meet Charlie, a state trooper who is mild-mannered, hard-

working and always helpful. Unfortunately, he has Split Personality Disorder, and when he runs out of medication ...

Meet Hank, Charlie’s hyper-aggressive alter-ego, who’s got a filthy mouth, drinks like a fish and breaks skulls. Charlie and Hank have nothing in common except for Irene, a beautiful woman with whom they’ve both fallen in love. Now, Hank/Charlie must wage war with himself — for the confused Irene’s affections.





From

THE Middle

# It's OK to pray here

By Tech. Sgt. TONYA L. KEEBAUGH  
Northwest Airlifter editor

In a world where it seems like religion has been removed from every aspect of our lives except on Sunday, the military is one of the few places where God is called upon for guidance and protection almost daily.

We say, "So help me God," at the end of almost every oath we take.

On Jan. 16, 1991, before the Gulf War began, President George Bush invited Rev. Billy Graham to spend the night with him and Barbara in the White House. Bush wasn't just being friendly to Graham — he wanted him there to help him pray to make the right decisions for the men and women he had sent to the Persian Gulf

to fight a war.

During the war more than 400,000 troops were working out of Saudi Arabia. Although that country is deeply religious in the Muslim faith, they don't tolerate other religions. Troops were told not to bring Bibles or other religious materials into their country.

But the chaplains did. They held regular services, distributed sand-colored Bibles, and helped our leaders and everyone else pray that they would do the right thing.

It seems that more people become religious in times of trial than any other time. When there's no where else to turn, and we know we can't accomplish our goals alone, people seem to remember their faith.

Luckily, in the military, there's always a chaplain close by to help guide our prayers.

Last July, when McChord sent a C-141 to the North Pole to drop life-saving equipment to a scientist with breast cancer, the crew prayed as a group before they took off on the dangerous mission. Although the crew may not have been deeply religious before, they knew they needed some help to do their jobs that time.

The military has chapels and chaplains to help us cope with whatever our troubles may be, or when we know our task is more than we can handle alone.

Every unit is assigned a chaplain. His, or her, picture should be posted in your squadron so you'll know his

face. The chaplains visit different units often to make sure people know that they are there when someone may need them.

As a noncommissioned officer, we are taught early to encourage our troops to go talk to the chaplain when they have problems we may not be equipped to handle.

You wouldn't see a supervisor at Microsoft do that. Bill Gates could've probably used the help of a few prayers when he faced the high courts on the verge of a break-up of his company.

I think it's awesome that we, the military, have not taken God out of the equation. I fear for the companies and countries who have.

I pray every week that there will be a newspaper for the base people to read, and it's worked so far!

# You can't get past the neighborhood sentry

By Master Sgt. RICK BURNHAM  
62nd Airlift Wing Public Affairs Office

I live on Lincoln Blvd. at McChord, named for that great American president, Woodrow Boulevard. Actually it's named for Abraham Lincoln, which seems fitting enough, because his contributions to society were fairly significant.

But, since President Lincoln never lived or worked on this street, I feel it is time to change the name to something different, something that portrays the lives of the people who live here, and the part this road plays in those lives.

I think we should call it "Little Dog Constantly Barking Street."

Somewhere in my neighborhood lives a dog — perhaps a Chihuahua or maybe one of those shrunken Lassie dogs — whose mouth is perpetually in motion. This animal, likely about knee-high to a midget, has the vocal chords of a Great Dane, and he ain't afraid to use them. That sucker has lungs of steel.

Don't get me wrong. I love dogs — always have, always will. Dogs are cool, as opposed to cats, which develop that stuck-up attitude, soon as they figure out what's going on. Dogs have the attitude of "Pet my head, and scratch my belly, and get me some of those Kibbles & Bits, and I'll watch football with ya and keep a watch for intruders." And watch they do.

Trouble is, though, for all their ability to hear and smell like nobody's business, their capacity for reason leaves a little to be desired. The rule of thumb is this: if it moves, and I see it, it must be an intruder, and the neighborhood must be alerted before the intruder kills us all and eats us.

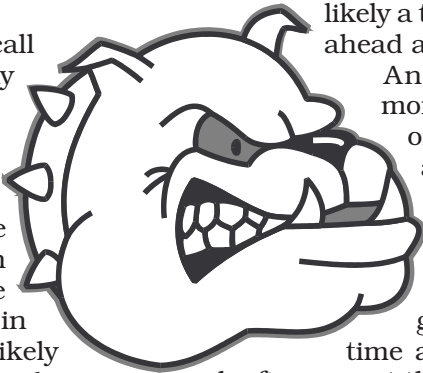
So the following are intruders and must be dealt with accordingly: joggers (two-legged, conventional intruders, but they usually pick up speed and run away with a few good barks); bicycles (conventional in-

truders, fun to chase, go for the shoes); cars (mechanized intruders, much faster, tires good for peeing on); C-17 Globemaster IIIs (highly-mechanized intruders, to be revered because they can probably land and stop on the front lawn, possibly carrying many two-legged intruders); C-141 Starlifters (also highly-mechanized intruders, not likely to land on the front lawn, but also to be revered because they've been the backbone of the airlift force for nearly 40 years dadgummit); and the space shuttle (super highly-mechanized intruder, not likely a threat, but better go ahead and bark anyway).

And so it is every morning, when I turn on the kitchen light at 6 a.m., this animal sees the light (illuminated intruder, could be dangerous) and begins to bark. Some time around 6:45, when he figures out that the light bulb is not going to unscrew itself and invade his territory, he stops barking. Until I open my front door to go outside. At the sound of the door closing (wooden intruder), the little command post inside his head initiates a pyramid recall, and the first number dialed is his mouth. And then the sound of the door to my truck closing throws that recall into condition red, and look out. About the time I'm getting out of my truck at building 100, he is beginning to settle down, comfortable that his barking has saved his master's family from yet another terrible threat.

Since every base housing unit has at least four or five neighbors, you can imagine the life this little fella leads. So if you're traveling down Lincoln Blvd. on McChord, or over it for that matter, bare in mind that whether you're just passing through, or have more devious plans in mind, we will know about it when you arrive.

Tiny, the super alert dog, and our neighborhood sentry, is on patrol. And you can't get past him.



# Worth repeating

*"Today, there is a war for talent. The department continues to explore smart and innovative ways to capture the interest of youth while boosting recruiter productivity. We know that we have a terrific recruiting force that is working harder than ever before. Because of their work, we are continuing to improve in a very tough environment."*

Assistant Secretary of Defense for Force Management, Alphonso Maldon Jr.

*"Only when our arms are sufficient beyond doubt can we be certain beyond doubt that they will never be employed."*

President John F. Kennedy, 1962

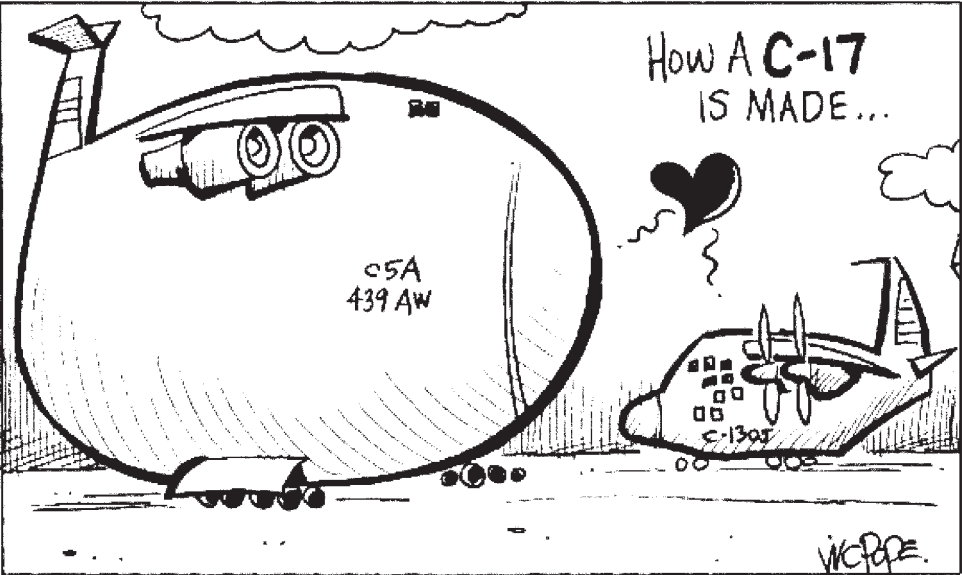
# Lighter side

*"If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be 'meetings.'"*

Dave Barry

*"When trouble arises and things look bad, there is always one individual who perceives a solution and is willing to take command. Very often, that individual is crazy."*

Dave Barry



Master Sgt. W.C. Pope